## Point Credit Summary (PCARS)

## A Quick Guide from HQ RIO

How to check your PCARS for points earned, a "good year," and your R/R date.

1. Log in to the AF Portal.

 Hover over Career & Training, then select vMPF (or search and select vMPF). You may also get to vMPF via myPers; select Access Secure Apps from the I Would Like To ... menu.





3. Click **OK** to continue and verify your email address and phone number to log in.

4. Click **Self-Service Actions** (left-hand navigation menu).



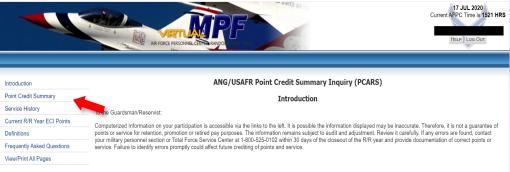


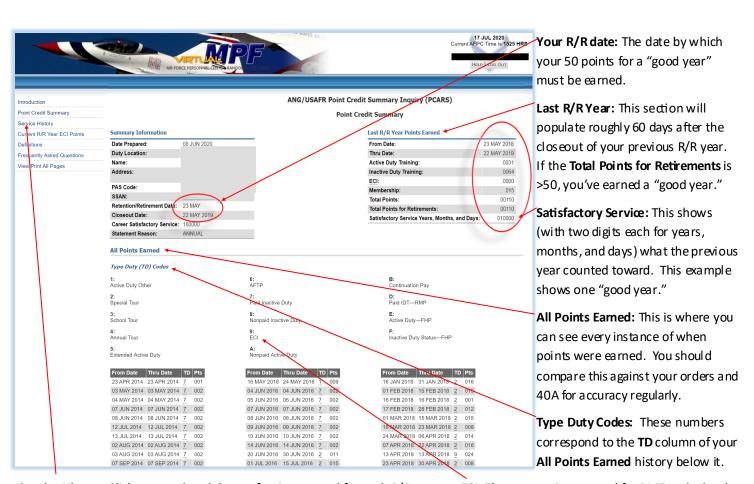
5. Click Personal Data.



 Click ANG/USAFR Point Credit Summary Inquiry (PCARS).







Service History: Click to see a breakdown of points earned for each R/R year. ECI: These are points earned for PME and schools.